Staying Steady @ Waratah

Prevent falls to stay active & healthy

Staying Steady @ Waratah is a comprehensive multidisciplinary program designed to increase your strength, condition and balance following surgery, medical illness or injury and if you are prone to falls.

Joining our twice a week program over six-weeks, you will use evidence-based techniques including Tai Chi, exercise and education to improve your quality of life.

Outcomes

You will be assessed by our multidisciplinary team to identify your current limitations and goals for therapy. A tailored rehabilitation program will then be designed to address your individual needs. A post program discharge report will also be provided to your referring doctor.

On completion of the program you will be provided with an individualised home exercise program to enable the maintenance of your condition.

Your referral to Rehabilitation at Waratah

You may be referred to Rehabilitation at Waratah by your GP or specialist via fax (+61 2 9598 0699) or email dayprogram@waratahprivate.com.au

You can call (02) 9598 0690 for any information or booking. Our intake coordinator will walk you through the next steps of admission.

Most health funds cover this program and your eligibility will be checked before starting the rehabilitation. You may also self-fund your recovery and a quote will be issued to you upon request.

Your rehabilitation program keeping you right on your feet

OCCUPATIONAL THERAPY

Our Occupational Therapist will assess your cognition, risk factors and history of falls. Your treatment session will be goal based with elements of Tai Chi and socialisation physical exercise including Smart Fitness Pods and education topics including appropriate clothing and footwear to prevent falls, importance of vision and eye care and home safety and falls prevention.

EXERCISE PHYSIOLOGY/PHYSIOTHERAPY

Our Exercise Physiologist or Physiotherapist will use specialised tests to assess your risk of falls during walking, endurance, strength and balance. Treatment will focus on your individualised balance deficits and involve a variety of strength circuits with a cardiovascular component.

Waratah PRIVATE HOSPITAL

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